



AGING HORIZONS

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March 2008

SENIOR AND LONG TERM CARE DIVISION HOLDS LISTENING SESSIONS

On Thursday, February 7, 2008, the Senior and Long Term Care Division (SLTCD) sponsored local public forums and a statewide listening session using the MetNet teleconferencing process. The purpose of the listening session was to prepare for the next legislative session and gather input from consumers, providers and other individuals interested in aging and long-term care issues. The session allowed the Division to hear ideas concerning possible new legislation, budget priorities, unmet service needs and any other issues that individuals feel should be considered in the Divisions' or the Departments Legislative initiatives.

The statewide discussion via MetNet was held from 9:00-12:00 and included ten local communities from around the state discussing issues and priorities for programs administered by the SLTCD. The ten communities participating were Billings, Bozeman, Butte, Glasgow, Great Falls, Havre, Helena, Kalispell, Miles City and Missoula.

Prior to going around to each community, SLTCD staff outlined the programs managed by the Division, which include Aging Services, Nursing Facility Services, Adult Protective Services, Home and Community Service options and State Veterans Homes. A summary of the Divisions funding for these programs was recapped, as were highlights from the 2007 Legislative session for these programs. In addition, the timelines for development of the 2009 legislative priorities were discussed.

In the afternoon of the 7th and on the morning of the 8th, local discussions took place focusing on local long-term care service needs and priorities in each of ten communities. The ten communities participating were Billings, Bozeman, Butte, Glendive, Great Falls, Havre, Helena, Kalispell, Miles City and Missoula. About 200 people attended these sessions.

Local session discussions focused on the following questions that were provided to the

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AGING HORIZONS

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local facilitators, in addition to other topics of importance to the local groups.

1. Are there any legislative issues in the area of senior and long-term care services such as changes in existing law or the addition of new statutes that you feel the department should consider?
2. We all know that budgets are always tight, should any additional resources for senior and long-term care services be available, what are the highest priority initiative you would suggest the department consider in order to have the greatest positive impact on the people we serve?
3. What program changes should the department consider in order to better plan, coordinate and deliver senior and long-term care services?
4. Looking collectively at all of the department's senior and long term care programs in your area, how would you prioritize the need for/value of the programs, given the funding available?
5. If no new funding or reductions in funding should occur, how should the division prioritize reductions or reconfigure services and programs to target those most in need and to create the least amount of negative impact on the people we serve?

For more information on the results of the statewide and local sessions, visit: the Division website at <http://www.dphhs.mt.gov/sltc/aboutsltc/whatsnew/index.shtml>

PROFILE OF NEW COUNCIL MEMBER MARY MUMBY OF KALISPELL



I was born and raised in Iowa and grew up during the depression. I was unaware a depression was going on. It was a small town and everyone helped each other. Everyone was poor so we didn't

feel different. I always felt safe even when we played outside -day and night. We didn't know about kids being abducted or fear being shot at school or a stray bullet killing us while we were in our home.

When my three brothers returned from the war, it was my turn to leave home. I taught school for a couple years and then married and moved to Colorado. We raised my husband's niece and our three sons. After 22 years I moved back to California. I taught another 13 years, and then was ready for a change. I worked as a helper for mostly elders. It was an eye opener, as I found most of the people I helped didn't need my

help - they were just lonely and wanted someone to talk to and listen to them.

Tiring of the Bay area, I bought a small ranch in Bigfork. My son and his family joined me. My son and I started a meat processing business in Creston - From Hoof to Mouth! We processed mostly wild game and made the best sausages and jerky in the state.

Ten years later we sold the business and I was free to travel. My friend had a motor home and we traveled about half the year. We visited all over the U.S. and then went to Nova Scotia and into Mexico. It was a great way to meet people from all over the U.S.

My interests are travel (especially foreign countries), reading both fiction and non fiction, being active in politics and involved in activities of my church. I had the honor of being appointed by Governor Schweitzer to serve as a delegate to the 2005 White House Conference on Aging.

2008 ECONOMIC STIMULUS PAYMENTS

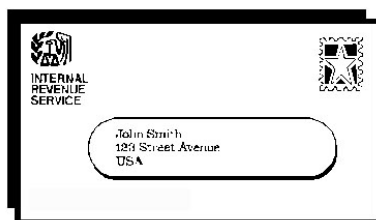
What is the stimulus package?

- To help spur a slowing economy, the United States Congress passed and the President signed into law the Economic Stimulus Act of 2008, which provides for economic stimulus payments to be made to over 130 million American households. The IRS will send economic stimulus checks beginning in May 2008 and continuing through the summer. ***Up to 20 million Americans who rely primarily on Social Security income qualify for a stimulus check.***

How do people qualify for a stimulus check?

- Generally a person has to have more than \$3,000 in income. Individuals will not have to complete applications, file any extra forms or call the Internal Revenue Service to request the payment. The IRS will determine eligibility, figure the amount and issue the payment automatically. *Even if a person does not have any earned income they can still qualify for a stimulus tax rebate check if their Social Security benefits, Veterans' Affairs (VA) benefits, and/or railroad retirement benefits equal at least \$3,000 annually.* Congress excluded Supplemental Security (SSI) income and therefore, SSI does not count towards the \$3,000 minimum. SSI recipients who had at least \$3,000 in income from other sources can qualify for a stimulus payment.

If you normally do not file a tax return, you can still receive a payment if you have a total of \$3,000 or more in earned income,



Social Security benefits, and/or certain veterans' payments. **To qualify, however, you must file a 2007 tax return on IRS Forms 1040 or 1040A with the IRS.**

If they file a tax return, how much are you eligible for?

- In most cases, they will get payments ranging from \$300 to \$600. Payments increase by \$300 for families for each dependent child who was under the age of 17 on December 31, 2007.

By what date does the 2007 tax return have to be filed and when will the checks be received?

- The IRS will start mailing rebate checks in mid-May 2008. Checks will be mailed by the IRS based upon the last two digits of filers Social Security numbers; checks will *not* be mailed on a first-come, first-come-first-served basis. Everyone who qualifies for a stimulus check will receive one by the end of 2008 if they file by October 15, 2008. No stimulus checks will be issued after 2008 ends.

Will the stimulus payment affect eligibility for needs-based benefits programs?

- Receiving a payment under the stimulus package does not effect eligibility for or amount of needs-based benefits programs (i.e., Food Stamps or Medicaid). Specifically, the payment does not count as income in the month it is received and does not count as a resource (asset) for 60 days after the month in which it was received.

TAX ASSISTANCE PROGRAMS FOR SENIORS WHO NEED HELP FILING A RETURN

- **The Tax Counseling for the Elderly (TCE) Program** provides free tax help to people age 60 and older. To find an AARP Tax Aide site call 1-888-227-7669 or visit the AARP Web site.
- **The Volunteer Income Tax Assistance (VITA) program** provides help to low and moderate-income taxpayers. Call 1-800-906-9887 for assistance.

Materials developed by the National Council on Aging

40TH ANNUAL GOVERNOR'S CONFERENCE ON AGING

This January, the first of the Baby Boomers became eligible for early Social Security benefits. As we look forward to the Graying of Montana, we also need to look for creative aging strategies to meet our seniors' needs on a national, state and community level.

This year's conference theme is **Creative Aging - A Community Challenge**. The Conference will be held in Helena at the Red Lion Inn. To reserve rooms at the conference site, contact the Red Lion Inn at 1-800-733-5466. The dates for the Conference are May 20, 21 and 22, 2008

In this year's general sessions we will be discussing National Health Care Reform, Home and Community Based Services, the need for senior advocates, legal issues facing seniors, arthritis and we will discuss the local issues that affect our seniors.

Some of the 43+ workshops will focus on seniors and computers, mental health, Medicare, Native American issues, Alzheimer's disease and caregiving, planning for retirement, grant writing and lifelong learning to mention but a few. More information can be found on our web site as it becomes available.

The Conference continues to recognize, and search for, our eldest of the elders - Centenarians. Individuals who are age 100 or older are invited to our luncheon to be recognized by the Governor's Advisory Council on Aging. We will also be awarding mini-grants to small communities that propose innovative projects or programs to serve their local elders. Grants are available from \$600 to \$1,000. The deadline for their receipt is April 21st, 2008. Check out our web site for more information on Centenarians and mini-grants.

For more information on sessions, workshops Centenarians and mini-grants, please call Brian LaMoure at 1-406-444-7782 or check out our website at www.aging.mt.gov

AGING CONFERENCE CHANGES

The conference in 2009 will change from a one location 2 ½ day event to two conferences presented back to back in two different locations. "The conference needs to attract and educate seniors," said Charlie Rehbein, Aging Coordinator. "And since it is difficult for them to come to the conference, the conference needs to go to them."

The Governor's Advisory Council on Aging in February supported the change and felt that the conference could now go to smaller rural Montana communities. "In the past the conference could only go to larger Montana cities as that is where the larger motels are that could host a conference of our size," said Advisory Council chair, Beverly

Barnhart. "With this change we can now go to Eastern Montana."

The plan now is that the State Unit on Aging will sponsor a day of presentations on national and state issues and the local community can coordinate their day using local resources and providers. It is anticipated that there would be 2 days of booths for conference sponsors and local service providers. The State Unit would work closely with the local communities to coordinate each conference.

The conference will still be held in May, Older Americans Month. We hope to have the 2009 locations decided upon and announced at this year's conference.

MINI-GRANTS FOR SENIOR PROJECTS

The purpose of the Mini-Grant Program is to help facilitate up front funding of innovative ideas that will serve senior interests in local communities. The one time only mini-grants range from \$600 to \$1,000. Eligible activities include a full range of services needed by Montana's seniors such as training and education, development of support services, creating or enhancing on-going services to meet a specific or unmet need of seniors in the community. They should exhibit collaboration with the Aging Network, and public/private sector partnerships are encouraged.

Last year's winners were Tobacco Valley Senior Center, Eureka to purchase medical supplies and durable medical equipment for preventative health screening program; McCone County Community Senior Center, Circle to purchase Life alert equipment for caregivers; Fergus County Council on Aging, Lewistown to develop a "Wise Guys" program for mental fitness program; and the Area VI Information and Assistance Program, Polson to develop and place fliers in grocery store bags in rural areas explaining AAA programs/availability.

Those selected for an award will be expected to prepare a report on their success for the 2009 Governor's Conference on Aging. Before and after photos of the project will be required. *The following questions need to be answered to apply.*

1. Describe the problem/unmet need in the community and its affect on seniors.
2. Describe how you propose solving this need/problem.
3. Explain how you will collaborate with the aging network, or establish a public/private partnership.
4. Provide a detailed budget for the proposed project.

Applications can be received from any governmental agency or 501(C)3 non-profit organization. The community receiving the grant must have a population fewer than 10,000 and be more than 25 miles from a city population of 10,000+.



**Applications must be received
by April 18th, 2008.**

For more information or an application, contact: Brian LaMoure at 406-444-7782 or visit our web site at www.aging.mt.gov - click on the conference box at the upper left of the page.

SEARCH FOR MONTANA'S CENTENARIANS IS ON

Montana's 2000 census showed that we had 162 centenarians. It is estimated by 2025, we will have over 3,000. By recognizing our eldest of the elders and honoring them we hope to raise the public's awareness of aging issues and aging services.

Any centenarian who is able come to the conference will be recognized at our

Centenarians luncheon. We are particularly hoping that our oldest Montanan would be able to attend. All centenarians' who reply will receive a Centenarian's Recognition Proclamation from the Governor's Advisory Council on Aging and will be listed in our conference's program.

The deadline to apply is April 14th, 2008.

If you are a centenarian or are aware of one and would like them to be recognized, please visit our web site at: www.aging.mt.gov or contact Brian LaMoure at 406-444-7782 to apply.

HOMESTEAD EXEMPTION INCREASES

Thanks to a change in state law by the 2007 Montana Legislature, homeowners now are allowed to protect more of their homes against certain types of creditors. The exemption was increased because home values across the state are rising. Two states, Florida and Texas, have unlimited protection on the value of a home. But those laws were curtailed somewhat in 2005, when the U.S. Congress changed bankruptcy laws.

People who own homes and mobile homes can sign homestead declarations protecting their home up to \$250,000.00 rather than only \$100,000.00. The Homestead Declaration will protect the value of their home against some types of claims, such as gambling debts or medical bills but does not affect any mortgages or any secured debts you voluntarily place against your property, such as construction liens or Medicaid liens

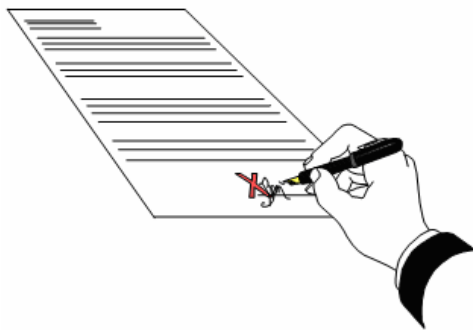
The exemption protects the home you live in. You must actually reside on the property for it to be exempt. A homestead includes the dwelling house, or mobile home, and the land and improvements legally defined as appurtenances to the land. This may include a mobile home where the mobile home

owner does not own the land the mobile home is situated on. The declaration of homestead must contain a statement that you reside on the premises, claim the premises as your homestead and contains a description of the premises.

The maximum value of the exempt property is \$250,000. If the value of the property exceeds \$250,000, the creditors may partition the land, selling part of it or may sell all the property. If they sell all the property, you get the first \$250,000.00 of the proceeds. If the house is sold and you receive this exempt money, the money is safe from collection by creditors for 18 months

If married, both spouses should sign the declaration. If one does not sign, his or her interest in the property is not exempt. Both must sign in front of a notary.

The Homestead Declaration does not become effective until the date it is recorded at the County Clerk and Recorder's Office. It must be recorded in the county which the property is located in. The recording fee for a one page document is \$7.00 and must be paid when the document is delivered to the Clerk and Recorder for recording.



For more information, contact: John McCrea at 1-800-332-2272 or email jmccrea@mt.gov. Copies of the statutory Homestead Exemption form can be obtained from John or found online at <http://www.dphhs.mt.gov/sltc/services/aging/legal/>



SENIOR CENTER/NUTRITION CORNER

This issue of the Senior Center/Nutrition Corner looks at changing nutritional needs of current Senior Center users and potential users of the future and trends that Centers may need to take into account. It also highlights a new Centers for Disease Control and Prevention campaign to prevent falls and possible Traumatic Brain Injuries.

For More information, contact: Doug Blakley at 1-800-332-2272

AGING AND NUTRITION SERVICES IN THE 21ST CENTURY

The graying of America may have wide-ranging implications for the food industry if future spending patterns of the elderly follow those of today's older age group. USDA examined at-home food expenditure data and found that households headed by individuals age 65-74 spent more on cereal and cereal products, dairy products, poultry, and processed vegetables than other age groups, while households headed by individuals age 75 and older spent more on fruit and nonalcoholic beverages. The elderly generally spend less eating out. Away-from-home food expenditures for those ages 75 and older were 30 % lower than the average of all households and 23% lower than those age 65-74.

Older Americans today are living longer, are better educated, and are more prosperous than previous generations. But, disparities among the older population continue to exist between men and women, racial and ethnic groups, and income classes.

Analysis by ERS shows that 94% of households with an elderly person in 2000 were food secure - access at all times to enough food for an active, healthy life for all household members. For households without an elderly person, 88% were food secure in 2000. When faced with limited money or resources for food, some elderly households turn to Federal and community food assistance programs. An average of 1.7 million Americans age 60 and older received

food stamps each month in 2000. However, only about a third of older people who are eligible participate in the program.

Two areas of caution for the elderly in the new century include changing nutrition needs and complications from foodborne illnesses. As people age, their energy needs decline. Thus, older individuals need to make wise food choices, selecting nutrient-dense foods and limiting "extras." ERS analyses of USDA food consumption survey data show that most older Americans are having trouble fitting the recommended number of daily food group servings into their decreased "calorie budgets," especially older women. For example, only 6 % of older men and 3% of older women consumed the recommended number of servings from the milk, yogurt, and cheese group, compared with 26% of younger men and 15% of younger women.

While older adults have lower rates of foodborne illness infections than most other age groups, they are more likely to have some of the more severe complications. Older people, and those who prepare their food, must continue to be vigilant about safe food practices. In the coming years, the elderly as a share of the U.S. population will reach the highest level in history. How we act to prevent foodborne illness, ensure adequate nutrient intakes, and meet other health and support needs for this group will be important issues.

Excerpted from USDA materials

NEW FALL PREVENTION CAMPAIGN LAUNCHED

March is Brain Injury Awareness Month. The Centers for Disease Control and Prevention (CDC) is launching a new initiative -

“Help Seniors Live Better, Longer: Prevent Brain Injury.”

This campaign is aimed at increasing awareness about falls in older adults and their consequences, how to recognize

problems related to falls and how to prevent them.

Each year in the United States, nearly one third of older adults experience a fall. Falls are the leading cause of Traumatic Brain Injuries (TBIs). A TBI is caused by a bump, blow, or jolt to the head that affects how the brain normally works.

FACTS ABOUT FALLS AND TBI

- Most fractures among older adults are caused by falls. The most common fractures are of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand.
- Many people who fall, even those who are not injured, develop a fear of falling. This fear may cause them to limit their activities, leading to reduced mobility and physical fitness, and increasing their actual risk of falling.
- 20% to 30% of people who fall suffer moderate to severe injuries such as bruises, hip fractures, or head traumas. These injuries can make it hard to get around and limit independent living. They also can increase the risk of early death.
- In 2000, TBI accounted for 46% of fatal falls among older adults
- In 2000, direct medical costs totaled \$179 million for fatal falls and \$19 billion for nonfatal fall injuries.

WHO IS AT RISK

- The risk of being seriously injured in a fall increases with age. In 2001, the rates of fall injuries for adults 85 and older were four to five times that of adults 65 to 74.
- People 75 years of age and older have the highest rates of TBI-related hospitalizations and death.
- Nearly 85% of deaths caused by falls were in the 75 years of age or older age group.
- Men are more likely to die from a fall. After adjusting for age, the fall fatality rate in 2004 was 49% higher for men than for women.
- Women are 67% more likely than men to have a nonfatal fall injury.
- Rates of fall-related fractures among older adults are more than twice as high for women as for men.
- In 2003, about 72% of older adults admitted to the hospital for hip fractures were women.
- People 75 and older who fall are four to five times more likely to be admitted to a long-term care facility for a year or longer.
- More than 40% of people hospitalized from hip fractures do not return home and are not capable of living independently again.

Unfortunately, a TBI is not visible and the signs and symptoms can be subtle. They might appear right after the injury occurs, or they might not be noticed or appear until days or even weeks later. TBIs also are easily missed because the person often appears to be fine, but may act differently than usual.

In addition, some TBI signs and symptoms mimic signs of aging, such as slowness in

thinking, speaking, reacting, or becoming lost and easily confused. Therefore, it is important for those who care for and about older adults to look for signs and symptoms of TBI in those who have fallen or among those with a fall-related injury, such as a hip fracture. Because TBIs are often missed or misdiagnosed in older adults, watch for these signs and symptoms if you know the older adult in your care has fallen or has a fall-related injury.

SIGNS AND SYMPTOMS OF A TRAUMATIC BRAIN INJURY

Symptoms of a mild TBI include:

- Low-grade headache that won't go away
- Having more trouble than usual remembering things, paying attention or concentrating, organizing daily tasks, or making decisions and solving problems
- Slowness in thinking, speaking, acting, or reading
- Getting lost or easily confused
- Feeling tired all of the time, lack of energy or motivation
- Change in sleep pattern—sleeping much longer than before, having trouble sleeping
- Loss of balance, feeling light-headed or dizzy
- Increased sensitivity to sounds, lights, distractions
- Blurred vision or eyes that tire easily
- Loss of sense of taste or smell
- Ringing in the ears
- Change in sexual drive
- Mood changes like feeling sad, anxious, or listless, or becoming easily irritated or angry for little or no reason

A person with moderate or severe TBI may show the symptoms listed on the left, but may also have:

- A headache that gets worse or does not go away
- Repeated vomiting or nausea
- Convulsions or seizures
- Inability to wake up from sleep
- Dilation of one or both pupils
- Slurred speech
- Weakness or numbness in the arms or legs
- Loss of coordination
- Increased confusion, restlessness, or agitation

If you think the older adult in your care has a TBI, you should take him or her to a doctor. Tell the doctor about any prescription or over-the-counter medicines that the older adult takes. Also, tell the doctor if they take other blood thinners, such as aspirin, because they can increase the chance of complications.

Falls can be prevented. Researchers have identified that the most effective fall

prevention programs have many components. First a person needs to understand what may put them at risk for falling. Some risks can be reduced. Medical providers can help to identify risks and develop a plan. Specific physical activity can reduce fall risk by increasing balance and mobility skills. Also changes to the home and community environment can reduce hazards and help support a person in completing daily activities.

STEPS YOU CAN TAKE TO REDUCE YOUR RISK FOR FALLS

1 BEGIN A REGULAR EXERCISE PROGRAM

Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you feel better.

Exercises that improve balance and coordination (like Tai Chi) are the most helpful. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care provider about the best type of exercise program for you.



2 HAVE YOUR HEALTH CARE PROVIDER REVIEW YOUR MEDICINES.

Have your doctor or pharmacist review all the medicines you take, even over-the-counter medicines. As you get older, the way medicines work in your body can change. Some medicines, or combinations of medicines, can make you sleepy or dizzy and can cause you to fall.

3 HAVE YOUR VISION CHECKED

Have your eyes checked doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

4 MAKE YOUR HOME SAFER

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare. Place a lamp close to your bed where it is easy to reach. Put in a night light so you can see where you are walking.
- Have handrails and lights put in on all staircases.
- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

For more information, visit: the CDC website at <http://www.cdc.gov/BrainInjuryinSeniors/> You can order campaign materials for free at the site. Campaign awareness materials include pamphlets, posters, and magnets.

TRIBAL FEDERAL BENEFITS WORKSHOPS

Tribal federal benefits workshops are scheduled for the Blackfeet Reservation and the Fort Peck Reservation in the near future. Both are Train the Trainer Seminars that will provide participants with information on a wide range of state and local human service programs. Experts will provide specific Information on the following statewide programs:

- Social Security Retirement and Survivor benefits
- Social Security Disability Insurance
- Supplemental Security Income
- Homeless Outreach Project/
- Social Securities Appeals
- Social Security Employment Support Services
- Medicare

- Montana Advocacy Program Protection and Advocacy Services
- Medicaid
- Tribal and Montana Vocational Rehabilitation Services
- Indian Health Service
- Veterans' Administration Benefits

Information on local tribal services will also provided by local experts.

These workshops are open to the public and are free.

Booths and tables with brochures and other program information will be available at both sites from presenters and other agencies and organizations. Door prizes!

FORT PECK RESERVATION FEDERAL BENEFITS WORKSHOP III DISABILITIES AWARENESS DAYS	BLACKFEET RESERVATION BLACKFEET NATION BENEFITS FAIR WORKING TOGETHER
<p>Location: Greet the Dawn Auditorium Fort Peck College, Poplar</p> <p>Dates: April 23, 2008 1:00 - 4:30 PM April 24, 2008 8:30 Am - 4:00 PM</p> <p>Snacks provided by the Fort Peck Tribal Health Department</p> <p>April 23 working lunch hosted by Assiniboine Sioux Vocational Rehabilitation Program</p>	<p>Location: Eagle Shield Senior Center Browning</p> <p>Dates: May 13, 2008 1:00 - 4:30 PM May 14, 2008 8:30 AM - 4:40 PM</p> <p>Snacks provided by the Eagle Shield Senior Center and AARP</p> <p>May 13 dinner and May 14 working lunch hosted by the Eagle Shield Senior Center</p>
<p>For more information, contact:</p> <ul style="list-style-type: none"> ▪ Carla Lovan, IHS Poplar - 768-3491 ▪ Lori Brengle, Area I - 1-800-551-3171 ▪ Wilfred Bear, Assiniboine Sioux Voc Rehab, Poplar - 768-3488 ▪ Gary Flom, MSU-Billings - 888-866-3822 ▪ Roger Ala, Disability Determination, Helena - 800-545-3054 	<p>For more information, contact:</p> <ul style="list-style-type: none"> ▪ Elizabeth Wells, Blackfeet Manpower Program, Browning - 338-2111 ▪ Carrie Jackson, Eagle Shield - 338-7257 ▪ Roberta Whiteman, IHS Browning- 338-8904 ▪ Gary Flom, MSU-Billings - 888-866-3822 ▪ Roger Ala, Disability Determination, Helena - 800-545-3054

CAREGIVER CLASS LEADER TRAINING

April 29-May 1, 2008 *Central MT Education Center, Lewistown*

Powerful Tools for Caregivers is a nationally known program that emphasizes empowerment and self-care of informal caregivers. This intensive, experiential and interactive 3 day training prepares Class Leaders to lead a 6-week educational program in their communities. Potential trainers include professionals or volunteers from a healthcare, social service, or faith-based organization who have excellent communication and organizational skills.

Local caregiver classes have 10-15 caregivers. They learn self-help skills

covering the following 6 topics: Taking Care of You; Identifying and Reducing Personal Stress; Communicating Feelings and Needs; Communicating in Challenging Situations; Learning from Our Emotions; and Mastering Changes and Decisions.

Discounted rooms are available at the Yogo Inn. **Register by April 16, 2008.** The fee for the training is \$75.00. Attendees are responsible for their own travel, lodging, and meals (lunches are provided all three days). Limited scholarships are available.

For more information, contact: Sandy Bailey at 406-994-3395 or email baileys@montana.edu

GRANDPARENTS RAISING GRANDCHILDREN RESOURCES

AARP offers information for Grandparents Raising Grandchildren (GRGs) through the Grandparent Information Center and grandparent links on their web site at <http://www.aarp.org/families/grandparents>.

MSU Extension provides the leadership for the Montana Grandparents Raising Grandchildren Project to help support grandparents across Montana who have

taken on the responsibility for raising their grandchildren.

The 2008 Montana Grandparents Raising Grandchildren Conference will be held in Bozeman on June 21, 2008. Conference topics include: Taking care of yourself emotionally and physically; Taking care of your marriage; and Understanding the process of grief.

For more information, on the GRG Project, contact: Sandy Bailey at 406-994-3395, email grg@montana.edu or visit <http://www.montana.edu/wwwhd/grg/grg/>

NONVIOLENT CRISIS INTERVENTION TRAINING

April 15 through April 18, 2008

Hampton Inn, Great Falls

The Nonviolent Crisis Intervention® training program, developed by the Crisis Prevention Institute (CPI), is a highly effective behavior management system for organizations committed to providing quality care and services in a respectful, safe, environment.

The strategies taught in the Nonviolent Crisis Intervention training program provide staff members and/or staff teams with a proven framework for decision making and problem solving to prevent, de-escalate and safely respond to disruptive or assaultive behavior.

For more information, contact: Traci Clark at 406-444-6995 or via email at trclark@mt.gov

ALZHEIMER'S MEMORY WALKS COMING IN SEPTEMBER

The Montana Chapter of the Alzheimer's Association will be holding their annual Memory Walks around the state in September. The Montana Chapter holds these walks to create awareness of the disease, raise funds and gain support for its mission: to provide and enhance care and support for all affected by Alzheimer's disease; to reduce the risk of dementia through promotion of brain health; and to eliminate Alzheimer's disease through the advancement of research.

Alzheimer's disease is the seventh leading cause of death in the United States and the fifth leading cause for those over 65. The disease currently affects nearly 17,000 people in Montana; by 2010 without a cure or better treatments that number will jump to 21,000; and by 2025 to 29,000 people.

The Alzheimer's Association provides valuable services and support to those diagnosed with the disease and their caregivers. More than 7 out of 10 people with AD live at home and nearly 75% of home care is provided by family and friends.



BILLINGS	September 13, 2008 River Front Park
BUTTE	September 20, 2008 Blacktail Creek Walking Trail
HELENA	September date TBA
BOZEMAN	September date TBA
MISSOULA	Late September or early October date TBA

For more information, to create teams for a walk or generate interest in the walk contact: the Chapter office at 406-252-3053 and visit our website at www.alz.org/montana.

WEST YELLOWSTONE'S POVAH COMMUNITY/SENIOR CENTER



It all began with a vision to create a building in town that would serve the whole community by providing a beautiful,

safe and comfortable place for people to congregate. This was certainly accomplished. Citizens of West Yellowstone celebrated the grand opening of their newly completed Povah Community Center and Senior Center on September 11, 2007. There was great appreciation shown for Ellie Povah, whose generous contribution provided a major boost to get the center built. The center was named in her honor and she

was present to cut the ribbon that officially opened the doors.

The Povah Center is truly a place for the whole community. Already it is being booked for a variety of events. A youth center will be on the lower level of the facility and a portion of the building is dedicated to housing the Recreation Department of West Yellowstone.

The entry level of the center is designated for community gatherings and a senior center. The senior center receives funding through Area IV Agency on Aging at Rocky Mountain Development Council in Helena to host a senior nutrition program. This program provides hot meals served at the center and home-delivered meals to those who are confined to their homes.

2008 OUTSTANDING OLDER WORKER SOUGHT

Experience Works, the nation's largest training and employment organization for mature workers, is searching for Montana's outstanding older worker. Experience Works Prime Time Awards program is part of Experience Works' national effort to raise awareness of the contributions made by older individuals and to break down barriers associated with the hiring of all older workers. Outstanding older workers from every state, the District of Columbia, and Puerto Rico will be honored in Washington, D.C., and in their home states for their contributions to the workforce and local communities.

Nominees or applicants must be 65 years of age or older, a resident of Montana, currently employed, and working at least 20 hours each week for pay. The honoree must be willing and able to travel to Washington, D.C., the week of September 22-26 for the Prime Time Award events. The visit will

include meetings with congressional representatives, a tour of the city's landmarks, and the awards banquet and ceremony. Honorees will have an opportunity to meet, share their stories, and celebrate their accomplishments. Family, friends or colleagues can send in a nomination, or older workers can self nominate. Travel and other Prime Time Award event expenses for the honoree are covered by donations and sponsorships.

The search for **America's Oldest Worker for 2008** is also under way, as is the search for outstanding employers of older workers. Last year, 101-year-old Ray Jenkins, maintenance coordinator from Colchester, Vermont, was named America's Oldest Worker. An online nomination form or a printed nomination form can be accessed at www.experienceworks.org. **The deadline for America's oldest Worker nominations is June 1, 2008.**

To nominate a person for the **Montana Outstanding Older Worker**, access nomination forms on-line at www.experienceworks.org or email connie_moench@experienceworks.org or call 1-701-226-5118. **The deadline for nominations is April 30, 2008.**

2007 MONTANA'S OUTSTANDING OLDER WORKER

Montana's Outstanding Older Worker in 2007



was 91-year-old Ella Oblender. Oblender believes that if a job is worth doing, it's worth doing well. After high

school she began a long career in service to others in the health-care field, starting out as a nurse's aide in the retirement ward of a hospital in Glendive. She then moved to Billings and worked at St. Vincent's Hospital,

where she primarily worked on the maternity, labor and delivery floor. She ended her health care career in Great Falls, where she focused on patient care in the maternity ward.

For the last 16 years she has worked as a customer-service representative at Missouri River Marine, where she is responsible for ordering and picking up parts for boats and marine products. It's her job to make sure that customers are happy with their product and services. Oblender says, "Continuing to work gives me an opportunity to do something worthwhile, to get to meet people, to do a job to the best of my ability."

NEW IRS REQUIREMENT FOR NON PROFITS

Who must file Form 990-N (e-Postcard)?

Recent changes to federal tax law could affect senior centers and county councils that have a **tax exempt status** (e.g., 501 (c)(3) status). Most small tax-exempt organizations whose gross receipts are normally \$25,000 or less must file Form 990-N, *Electronic Notice (e-Postcard) for Tax-Exempt Organizations not Required To File Form 990 or 990-EZ*. The Pension Protection Act of 2006 added this filing requirement to ensure that the IRS and potential donors have current information about your organization. Before this law was enacted, these small organizations were not required to file annually with the IRS. The first filings are due in 2008 for tax years ending on or after December 31, 2007.

The e-Postcard is filed electronically by answering fewer than ten questions in an online form that can be found at <http://epostcard.form990.org/>. The form must be completed and filed electronically. There is no paper form. Organizations that do not have access to a computer can go to places that provide Internet access to the public, such as their local library, to file the e-Postcard. Filing the e-Postcard is free. You will receive notification of the results of your filing by email.

Due Date of the e-Postcard

The first e-Postcards are due in 2008 for tax years ending on or after December 31, 2007. The e-Postcard is due every year by the 15th day of the 5th month after the close of your tax year. For example, if your tax year ended on December 31, 2007, the e-Postcard is due **May 15, 2008**. You cannot file the e-Postcard until after your tax year ends.

Does my organization have to file the e-Postcard if it is a subordinate organization in a group exemption?

If your organization is a subordinate of a parent organization and your organization is included on the parent's group return, you are not required to file the e-Postcard.

What information do I need to provide on the e-Postcard?

All you need is the following information:

- Organization's legal name or any other names your organization uses, commonly referred to as Doing-Business-As (DBA) names.
- Organization's mailing address and website address (if you have one).
- Organization's employer identification number (EIN), a unique number that identifies the organization to the Internal Revenue Service. Most organizations would have acquired an EIN by filing a Form SS-4 prior to requesting tax-exemption.
- Name and address of a principal officer of your organization.
- Organization's annual tax year – Like any taxpayer, exempt organizations must keep books and reports and file returns based on an annual accounting period called a tax year. A tax year is usually 12 consecutive months that can be either calendar year or fiscal year and is often specified in the organization's by-laws.
- Confirm that your organization's annual gross receipts are normally \$25,000 or less.

What happens if I file the e-Postcard late?

You will not be assessed a penalty for late filing an e-Postcard. However, it is critical that you file within the 3-year period to retain your tax exempt status.

For more information, contact: the IRS customer service toll-free at 1-877-829-5500 or visit <http://www.irs.gov/charities/article/0,,id=169250,00.html>

40th Governor's Conference on Aging Registration Form
Creative Aging - A Community Challenge
May 20th, 21st and 22nd 2008 - Colonial Inn Helena 1-800-733-5466

Name(s) _____

Representing _____

Address _____

City _____ State _____ Zip _____

E-Mail _____ Phone _____

**Governor's Conference
on Aging
PO Box 4210
Helena MT 59604**

For more
Information call
1-800-332-2272
Ask for Brian LaMoure

Full Conference - Registration Fees

\$100 Prior to May 7th.

\$125 After May 7th.

10% discount 2-5 registrations paid w/ 1 check

15% discount 6+ registrations paid w/ 1 check

Discounts are prior to May 7th

Single Days - Registration Fees

May 20th \$50 includes lunch.

May 21st \$50 includes lunch.

May 22nd \$35 includes lunch, half day.

Additional Lunches \$20 note the day Tues Wed Thurs

AMOUNT ENCLOSED _____

AMOUNT ENCLOSED _____

Cost bug